Redcord Trainer

REF 110010

Instructions for use / EN



Redcord AS
Teknologiveien 11
NO-4846 Arendal, Norway

CE MD

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1. General information on Redcord Trainer

1.1. Intended Purpose

The Redcord Trainer is intended for performance enhancement, prevention, and treatment. Combined with accessories (slings, elastic cords, etc.), it serves as a suspension point for different body parts. That is, with the purpose of allowing:

- Performing body-weight-bearing exercises (closed kinetic chain) where the ropes provide an unstable base of support with increased freedom of movement.
- Offloading body weight to adapt to patient's load tolerance and capacity when doing body-weight-bearing exercises.
- Perform open kinetic chain exercises, reaching from pendular movements with little or no resistance to movements resisted by elastic cords providing different levels of resistance.
- Providing a helping hand offloading the healthcare professional by suspending different body parts while performing passive or active assisted movements and techniques or enabling pain-free positioning of a limb or body part.

Intended Medical Indication: Testing, treatment, and prevention of musculoskeletal disorders and rehabilitation of neurological disorders, rheumatological disorders, chronic pain, and after trauma. It is also indicated in the treatment of generally deconditioned rehabilitation patients and individuals with motor deficits.

Intended patient population: Orthopedic, traumatological, rheumatological, neurological and chronic pain patients, generally deconditioned rehabilitation patients, and individuals with motor deficits, in all age groups and levels of functional limitations.

Intended user: It is intended for use by healthcare and exercise professionals. Non-professional users can also use it for the purpose of all levels of prevention. The device is not to be used by children unattended. Education related to use is available but not mandatory. This device is intended for multiple-patient, multiple-use. Follow the cleaning and maintenance instructions to ensure safe reuse.

Clinical benefits of using Redcord Trainer can include increased muscle strength, increased muscle activation, increased flexibility, improved balance, improved daily functioning and performance, decreased pain, and prevention of relapses.

Environmental of use: Redcord Trainer should be used only in an indoor and dry environment.

The Redcord Trainer includes:



2. Safety information

This section contains important information to ensure safe installation, use, and maintenance of the Redcord Trainer. Read all warnings and cautions carefully before assembly or operation.

2.1. Contraindications to use

- Exercises in cases of injuries and diseases where loading is contraindicated should not involve the affected area. Example: Acute fractures and acute tendon ruptures.
- If you have any doubts concerning your health, consult your specialist doctor before you start the training/therapy.
- Stop exercising if you feel pain or discomfort and consult a doctor or physiotherapist.

2.2. Precautions

- Allied health professionals should follow general guidelines for exercise therapy when using Redcord equipment, including contraindications related to the patient's diagnosis.
- Individuals suffering from medical conditions predisposing them to potential risks during physical exertion should only engage with the device after consulting with their treating physician or a qualified healthcare practitioner.
- **Possible reactions**: The materials used for ropes/slings/straps are generally considered safe and non-toxic compared to others, but they may still cause allergic reactions in some people. In rare cases, direct skin contact may cause allergic reactions. For hygiene reasons, it is recommended to perform training or therapy in light, loose clothes made from natural materials, such as cotton.

2.3. Warnings and Cautions

- Ensure that the ceiling is made of solid concrete or wooden beams - do not install Redcord Trainer into wall panels or lightweight materials (e.g., gypsum, SIPOREX, YTONG, LECA).
- Perform regular safety tests of suspension and Redcord Trainer.
- Ensure that the ropes in the Trainer are securely locked before loading or attaching accessories.
- Side hangers are intended solely for hanging the ropes when the device is not in use. All ropes must be removed from the side hangers and properly positioned and locked before use.
- Attach straps and sling (additional accessories) only to the carabiners on the ropes.
- Attach elastic cords and 30/60 cm ropes (additional accessories) using the rope lock.





- It is recommended to adjust the position of the slings and straps before starting your session. This is especially important when lying on your back with your legs elevated. You should be able to perform all the exercises without pain.
- Respect the maximum load capacity - max load: 200 kg (100 kg per /bracket/rope).
- Avoid shock loads and swinging. Repeated swinging increases wear and may permanently stretch ropes/straps/slings.
- Never let children play with or use the Redcord products unsupervised.
- Never place the ropes around your neck, since this may cause strangulation, injury, or harm.
- Avoid heat, chemicals, and UV/sunlight during use and storage (they degrade materials).
- Do not modify any component/accessories.
- Inspect straps, slings, and other components regularly and never use the product that shows any visible damage (see Table 1).
- Stop using it if you notice any looseness, corrosion, cracks, deformation or damage of screws/anchors.

	Lifetime	Wear signs	
Redcord Rope 30/60 cm/ 5 m	4 years	If inspection reveals damage to the core. If it has been in contact with any active or dangerous chemicals. If the hook does not lock properly. If loose thread or the white kernel is visible on the rope. If the shape of the rope kernel is oval instead of round. If the cleat (i.e., rope lock) is damaged or worn out. If the cleat is sliding on the rope.	
Redcord Slings, Strap	4 years	If the slings are bleached. If the webbing is flossy, crispy, or frayed. If the metal ring is split or divided. If the webbing shows signs of abrasion, cutting, or chemical damage. If the stitching is frayed or broken. If it has been exposed to active or aggressive chemicals. If there are doubts about their safety.	
Redcord Elastic Cords	2 years	If inspection reveals damage to the core. If it has been in contact with any active or dangerous chemicals. If there is the slightest doubt about its security. If the maximum load limit is exceeded. If expanded to maximum length. If the hook is damaged. If the cleat (rope lock) is sliding on the rope. If the cleat is damaged or worn out.	

Table 1 Lifetime and wear signs

2.4. Safety Test

After installing the ceiling suspension and before you start exercising/treatment with Redcord Trainer, you must test the installation and the load capacity.



- Attach the device to the suspension.
- Grab the suspensions and try to move in vertical and horizontal directions. The suspension should be stable in all directions. Tighten the screws if necessary.
- Lower the strap to about 15 cm above the floor.
- Place one foot in a strap and carefully bounce up and down using your body weight. Repeat the test on another strap.

Frequent use: If the device is used regularly or frequently, we recommend that a safety test be conducted at least once a week.

Infrequent use: if the device is used after a prolonged period of inactivity, it is important to perform a safety test before each use to ensure the device is in proper working condition.

Any **serious incident** that has occurred in relation to the device should be **reported to the manufacturer** and to the competent **authority of the Member State** in which the user or patient is located, in accordance with applicable national requirements. For contact details, see the end of this instruction for use.

3. Storage

- Store indoors, in a dry, cool place, away from contamination, direct sunlight/UV, temperature extremes, and high humidity.
- Do not store or dry under sunlight or in a dryer.
- Keep away from chemicals, especially acids, which can cause invisible fiber degradation.
- Transport in the original packaging.

- **Disposal:** The device does not contain hazardous substances. Components made of plastic, metal, and textile can be disposed of or recycled according to local regulations.

⚠ **CAUTION:** Frequent exposure to direct sunlight, temperature variations, or high humidity while in use or storage can cause the device to wear out sooner than expected, leading to potential slipping or breakage during use. Prolonged storage can also reduce the device's overall lifespan, causing it to wear out faster and potentially break during use.

4. Cleaning and Disinfection – Reprocessing Information

Not intended to be sterilized.

Before use and between uses: inspect the external surfaces for damage or wear. Clean the contact surfaces. If required by local hygiene procedures, disinfect them with a non-corrosive, hospital-grade disinfectant compatible with painted/anodized metal and plastics. Wipe off residues and let the product dry completely.

Cleaning the Redcord Trainer (plastic parts):

- Wipe with a soft cloth moistened with water.
- Do not use abrasive cloths, scrubbing powders, solvents (e.g., spirit, petrol), or steam.

Cleaning of slings, straps, ropes:

- Before use and between uses**:** clean contact surfaces with a soft brush and hand-hot soapy water.
- If disinfection is required, use a non-bleach, non-corrosive disinfectant compatible with textiles.
- Drying: air dry only. Avoid direct sunlight, drying cabinets, or heat sources (e.g., radiators).
- After cleaning: ensure accessories are completely dry (no moisture in the core) before storage/use. Do not wring/twist ropes.
- End of use (withdrawal): do not reuse if there is any damage or excessive wear (see Table 1).

Important Precautions:

Do NOT use fabric softeners/rinsing agents.

Do NOT use benzine and other stain removers to clean.

Do NOT disinfect with hot steam.

Do NOT dry in sunlight or by using a drying cabinet.

Do NOT use chlorine-based bleach (sodium hypochlorite).

Avoid contact with chemical agents, especially acids, which may invisibly damage the fibers.

5. Installation and proper use of Redcord Trainer

5.1. General information

The Redcord Trainer can be mounted on concrete or wooden ceiling. Before mounting the device, seek professional advice about the condition of the ceiling prior to the installation of the device. Redcord recommends installation by qualified personnel and under the supervision of the person responsible for technical matters.

Do not install into drywall/gypsum boards, ceiling tiles, claddings, or hollow/weak concrete.

Do not install into ceilings made of porous or lightweight aerated concrete (e.g., YTONG, SIPOREX, LECA).

Do not install into ceiling panels, wall plates, or plasterboard only. It must be fixed into solid concrete or into structural wooden joists.

The **maximum load** limit for Trainer is 200 kg (100 kg per bracket/rope).

Ceiling height. Redcord Trainer is designed for rooms with a ceiling height of 220–266 cm.

For higher ceilings, use additional suspension solutions:

- REF: 120540 (Redcord Ceiling Suspension 26-87cm, height 266-327cm) **-** for ceilings height 266–327 cm.
- REF 120540 + 120541(Redcord add. length for 120540, 88-187cm, heights 328-427cm), for ceilings height 328–427 cm,

For installation instructions for additional suspension (REF 120540 and 120541), refer to the IFU supplied with these products.

5.2. Redcord Trainer - Ceiling Installation

Contents of the ceiling suspension kit for the Redcord Trainer.

Ceiling brackets (white), 2 pcs.	Wedge anchors, 2 pcs. (concrete ceilings)	Torx wood screws, 4 pcs. (wooden ceiling)
		

- **Wooden ceilings** Make sure to install the brackets in the ceiling joists (i.e., weight-bearing beams), not just in the panels or wall plate. Mark off 2 points exactly 60 cm apart (standard distance between joists). First, install one screw per bracket using the same round hole in both brackets. Check that the distance between the brackets is correct by fitting the Trainer unit onto the brackets. If the distance is correct, install the second screw in each bracket to secure them fully.
- **Concrete ceilings** Make sure that the ceiling is concrete and not made of porous material with poor loading capacity. Mark off 2 points exactly 60 cm apart and drill two holes 50 mm deep using an 8 mm masonry bit. Push or pound in the 8x60 mm(M8x60) expansion bolts (avoid hitting the nut so as not to damage the threads). Thread the brackets through the oval hole, adjust the distance between the brackets, and tighten the bolts.

After installing the ceiling suspension and before you start using the Redcord Trainer, you must test the installation and its loading capacity (see safety information).

Redcord AS takes no responsibility for the suitability or condition of the ceiling on which the equipment is installed. Redcord takes no responsibility for third-party suspension legs, attachments, or components. Redcord takes no responsibility for any personal or physical damage that might arise due to incorrect installation, and/or due to the ceiling, and/or incorrect use of Redcord equipment.

5.3. Proper Use

Operating principle

The user must ensure that the ropes are securely locked before applying any load.
Accessories (e.g. straps) must be properly attached to the carabiners on the ropes.
Make sure your body has good contact with the ground to prevent slipping or injury.

Adjusting the strap while standing

1. **Releasing the ropes and lowering the straps**

Stand in front of the device holding the middle ropes in one hand and the straps in the other. Gently pull the middle ropes straight down until they loosen and then draw toward you. Holding the ropes tight, pull the straps straight down to the desired height (do not jerk them – gentle movements work best).

2. **Locking the ropes**

Release the middle ropes so that they hang straight down. The straps will lock when you load them.

3. **Raising the straps (i.e., shortening the ropes)**

Pull the middle ropes straight down until the straps are at the desired height. The straps will lock when you load them.



Adjusting the straps from a reclining position

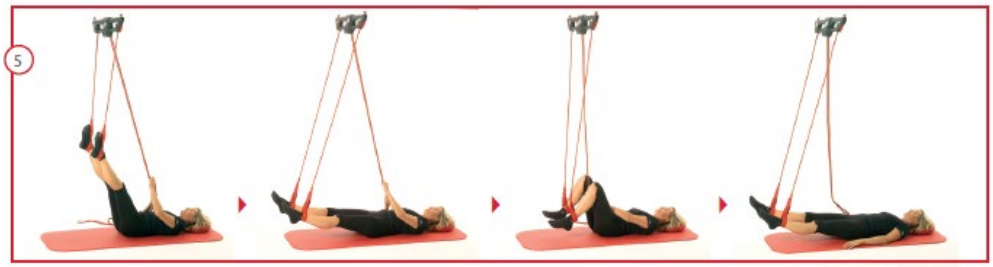
4. Raising the straps

Pull the middle ropes straight down until the straps reach the desired height. Gather the ropes by adducing the hips (or bending your knees) and pushing your arms toward your feet. Then release the middle ropes and lock the ropes by loading the straps.

5. Releasing and lowering the straps

Pull the middle ropes straight down until your legs are raised slightly. Keeping the ropes tight, pull them toward your head and then lower your legs to the desired height. To ensure equal rope-length, gather the ropes adducing your hips (or bending your knees) while you push your arms toward your feet. Let the middle ropes go and lock the ropes by loading the straps.





Correct use Redcord Strap

Insert your hands or feet into the strap from the side with the narrower opening. The strap should cradle your hands or feet comfortably and securely.

CAUTION: Make sure the strap is positioned correctly before starting the exercise to avoid slipping or injury.

Putting your hand in the strap



Putting your foot in the strap



Correct use Redcord Rope Lock (rope 30/60 cm, elastic cords)

1.Place the rope inside the lower part of the cleat (rope lock).



2. Place the rope inside the upper part of the cleat. Grip the cleat with one hand and make sure that the cleat is attached properly to the rope.



3. Attached the carabiner to the cleat.

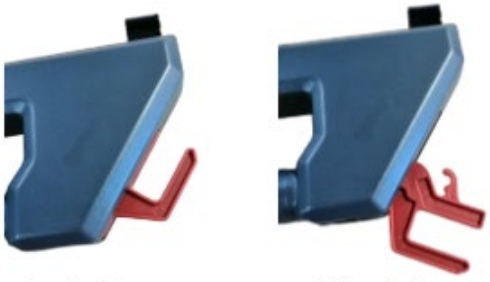


4. Then attached the strap to the carabiner.



Correct use hanger for ropes

Side hangers are used to hold/hang the ropes when the Redcord Trainer is not in use.
They have two positions: locked and unlocked.
In the locked position, the hanger holds the rope in place.



Locked Unlocked

Do not apply load to the hangers.
Before starting any exercise, make sure all ropes are removed from the hangers and locked in the device.

If you pull on the ropes that are hanging at the hanger, the hanger will pop out to its unlocked position. Continue pulling/adding load to the hanger will eventually break the hanger.

6. Accessories and Replacement parts

6.1. Accessories and replacement parts

Accessories (optional)			
Redcord PowerGrip	REF 111450	Redcord Elastics Cords 60 cm black, low resistance	REF 113101
Redcord Wide Sling	REF 111001	Redcord Elastics Cords 60 cm red, high resistance	REF 113100
Redcord Narrow Sling	REF 111002	Redcord Elastics Cords 30 cm black, low resistance	REF 113002
Redcord Split Sling	REF 111003	Redcord Elastics Cords 30 cm red, high resistance	REF 113001
Redcord Rope 30cm	REF 112001	Redcord ceiling suspension 26-87cm (266-327cm)	REF 120540
Redcord Rope 60cm	REF 112020	Redcord add. length for 120540 (328-427cm)	REF 120541
Redcord AXIS	REF 110050-1	Redcord Mat	REF 130120
Redcord Balance	REF 130030	Redcord Roll	REF 130210

Replacement parts (maintenance)	
Redcord Strap	REF 111200
Redcord Rope 5m	REF 112100
Redcord Rope Set	REF 140001
Redcord Ceiling Suspension, Trainer	REF 120710

6.2. Instruction on how to change ropes in Redcord Trainer

To exchange the rope, you will need:



Redcord Rope 5m, 2 pcs.



Redcord Rope Release



Redcord Drawstring

Step 1: Insert the Redcord Rope release into the Redcord Trainer.





Step 2: Remove the warning triangle at the end of the rope by turning it counterclockwise while holding the rope.





Step 3: Pull the rope out of the Redcord Trainer.



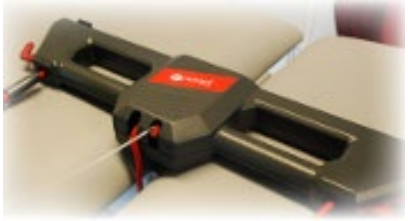
Step 4: Insert the plastic end (without hook) of the Redcord drawstring into the outer openings in the Redcord Trainer. Slide the string through the apparatus until the string appears in the center part of the Trainer





Step 5: Attach the metal hook at the end of the drawstring to the end of the new rope. Pull the drawstring to lead the new rope through the Redcord Trainer.





Step 6: Remove the Redcord drawstring from the rope and attach the warning triangle by turning it clockwise onto the rope. Repeat these instructions with the second Redcord rope.



7. Various configurations/variants available on the market

Redcord Trainer is available for standalone use and in several configurations, including bundled kits with accessories, and as part of integrated systems.

Redcord Workstation Professional	REF 100023-5
Redcord Workstation Professional, Wall Stand	REF 100123-5
Redcord Workstation Professional, Floor Stand	REF 100223-5
Redcord Rehab Pro Plus	REF 101038-2
Redcord Rehab Pro	REF 101039-1
Redcord Active Pro Plus	REF 101067-2
Redcord Active Pro	REF 101068-1
Redcord Tandem Station	REF 101106-2
Redcord Home Gym	REF 101085

8. Warranty Terms

Warranty	2 years. The warranty covers any faults in materials or manufacture. The warranty period runs without interruption for a period of 24 months from the delivery date of the products from Redcord AS. Exclusions from the guarantee: normal wear and tear, modifications or alterations, incorrect storage, poor maintenance, negligence, improper or incorrect usage. The warranty is valid only if there are deficiencies in the product, i.e. it is clearly wrong according to technical specification and how the product is intended to be. Incorrect use and normal wear and tears are not eligible to claim. Redcord‘s obligations pursuant to this warranty are limited to repair or replacement.

9. Explanation of symbols and abbreviations

	Symbol Glossary
CE	This medical device complies with the general safety and performance requirements of Regulation (EU) 2017/745 for medical devices.
MD	Medical Device
UDI	Unique device identifier (UDI) The product label includes a UDI for traceability.
	Manufacturer
LOT	Batch code
REF	Catalogue number (REF)
	Caution
	Keep dry
	Keep away from sunlight
	Consult Instructions for use

Contact and technical support
Redcord AS,
Teknologiveien 11, NO-4846 Arendal, Norway
redcord@redcord.com +47 37 03 00 00
Local Distributors: www.redcord.com